

Central Track and Field

Sample Workouts

800 Meter Runners

Early Season

2x (5x400) @ mile date pace

Rest Interval: 2:00

Set Interval: 5:00

Mid-Season

800m @ A.T. pace

600m @ mile date pace

4 min. "relay style" strides

3x 280 zooms (3:00 rest)

600 m all-out

Rest interval: 3:30

Late Season

2x (4x 200) @800 goal pace

Rest interval: :60

Set interval: 6:00

Champ. Season

2x 1 minute all-out for distance

3 min. rest

Measure w/ wheel

Use predictor table to predict 800 time

1600 Meter Runners

Early Season

2x (5x400) @ mile date pace

Rest Interval: 2:00

Set Interval: 5:00

Mid-Season

800m @ A.T. pace

600m @ mile date pace

4 min. "relay style" strides

3x 280 zooms (3:00 rest)

600 m all-out

Rest interval: 3:30

Late Season

2x 200 @ 1600 goal pace

2x 400 "

1x 800 "

2x 400 "

2 min. rest; 3 min after 800

Champ. Season

1200 m @ goal pace

3200 Meter Runners

Early Season

2x (5x400) @ mile date pace

Rest Interval: 2:00

Set Interval: 5:00

Mid-Season

800m @ A.T. pace

600m @ mile date pace

4 min. "relay style" strides

3x 280 zooms (3:00 rest)

600 m all-out

Rest interval: 3:30

Late Season

6 laps @ 3200 m goal pace

Champ. Season

7 laps @ 3200 goal pace

